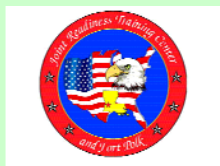


FRG Weekly Newsletter

June 25, 2007

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Family Readiness Programs
(337) 653-2222



Avoid Dangerous Situations

Some chemicals shouldn't be mixed together. In fact, these chemicals shouldn't even be stored near each other on the chance that an accident could occur and the chemicals could react. Be sure to keep incompatibilities in mind when reusing containers to store other chemicals. Here are some examples of some incompatible Chemical Mixtures

- Acids with sulfide salts or sulfide solutions. Generates highly toxic hydrogen sulfide gas.
- Acids with cyanide salts or cyanide solution. Generates highly toxic hydrogen cyanide gas
- Acids with bleach. Generates highly toxic chlorine gas.
- Oxidizing acids (e.g., nitric acid, perchloric acid) with combustible materials (e.g., paper, alcohols, other common solvents). May result in fire.
- Solid oxidizers (e.g., permanganates, iodides, nitrates) with combustible materials (e.g., paper, alcohols, other common solvents). May result in fire.
- Hydrides (e.g., sodium hydride) with water. May form flammable hydrogen gas.

Alkali metals (e.g., sodium, potassium) with water. May form flammable hydrogen gas.

Oxidizing agents (e.g., nitric acid) with reducing agents (e.g., hydrazine). May cause fires or explosions.

- Unsaturated compounds (e.g., substances containing carbonyls or double bonds) in the presence of acids or bases. May polymerize violently.

Hydrogen peroxide/acetone mixtures when heated in the presence of an acid. May cause explosions.

Hydrogen peroxide/acetic acid mixtures. May explode upon heating. Hydrogen peroxide/sulfuric acid mixtures. May spontaneously detonate.



- Products you may have around the home that shouldn't be combined.
 - Bleach with Acid Toilet Bowl Cleaners
 - Bleach with Vinegar
 - Bleach with Ammonia
 - Different Brands of One Type of Product
 - Highly Alkaline Products with Highly Acidic Products
 - Certain Disinfectants with Detergents

Camp Warrior

23-29 June- Toledo Bend

6-8 Aug- North Toledo Bend

For 6th grade and up. Free for children who have a deployed parent.

Space is still available.

Call 531-1955 to register and for more information.

BOSS UPCOMING EVENTS

- Car Wash: BFCU, 29 Jun 1100-1300; Donations Appreciated
- Car Wash: BFCU, 6 Jul 1100-1500; Donations Appreciated
- BOSS Pizza Day , 16 Jul Bldg 350 1100-1400
- Sea World, 19 Jul Buses depart 0600 and return approx 2200; Cost free to Soldiers and Families whom have not visited an Anheiser Bush park within the last year. Regular price for all others.

For more information please contact 531-1948

Useful Phone Numbers

(All numbers are 337 area code unless otherwise stated)

1 st CSB (ME) (P) Staff Duty	531-2157
4IBCT 10 th MTN Staff Duty	531-0517
Army Emergency Relief	531-1957
(after hours 800-241-1071)	
American Red Cross	531-1929
(after hours 877-272-7337)	
Army Community Service	531-1941
BJACH Information	531-3118
CDC Registration	531-1955
Commissary	531-4053
Family Life Chaplain	531-6816
Family Life Consultant	531-1938
Family Readiness Center	531-9426
Military One Source	800-342-9647
Military Police	531-2677
Picerne	537-5000
Post Information	531-2911
PX	531-1001
Public Affairs Office	531-2714
RCI	537-6000
Sexual Assault Response	531-1848
Tax Center	531-1040
Victim Advocacy Program	531-6333
WIC	238-1203

Upcoming Events

23 June- 8 July

Block Leaves Starts for:

OPS GRP

1st CSB BDE

4th BDE 10th MTN

26 June

Picerne Movie Day

10 am for Kidz @ WCC

2 pm for Teenz @WCC

For more information 537-5013

28 June

Newcomer's Brief

Held every Thursday from 0900-1500

Open to Soldiers and Spouses with free childcare

For more information 531-1941

1 July

Archery T-Shirt Shoot @ Shooting Complex

For more information 531-1947

4 July

Independence Day

FreedomFest @ Headquarters Field (shuttles available on post)

Festivities begin at 5 pm

For more information 531-1959

18 July

Financial Readiness Program

Topic: Car Buying; how to avoid buying a lemon

For more information 531-1957

The “Soldier’s Show” is coming to town!

Mark you calendar—21 July at the Bayou Theater. Two separate showings the first one is at 1430 and again at 1900. This event is free to all ID card holders. Come out for some great entertainment. Every year they get better and better!!!!

Calling *all* FRG Leaders!!!!!!

Have you taken the Fort Polk FRG leader training or Point of Contact Training? If not, this is a perfect time to freshen up your resource book and get the skinny on all the new Army regulations and resources on Fort Polk.

The next POC training class will take place on July 17th at the FRC from 12:30-2:30pm
The next FRG Leadership training class will take place on August 7th-8th from 9 am-2:30pm at the FRC.

Please call the Family Readiness Center (FRC) at 531-9426 to register and sign up. If you need childcare please contact them before 1 Aug.



Upcoming Trips

Some of our upcoming trips have deadlines that are fast approaching, especially the grand City trips because the hotels get so filled during the wonderful Fall months to visit.

Mediterranean & Greek Isles cruise - Saturday, July 28 - Thursday, August 9

Beau Rivage in Biloxi, Bellingrath & Fairhope - Wednesday, August 1 - Friday, August 3

Chicago, the Windy City - Tuesday, September 4 - Sunday, September 9

New York City - Friday, October 26 - Wednesday, October 31

Watch for information on a one-night trip to see Jersey Boys musical - it's great! Make sure and ask for your military discount!

Cenla Travel
244 Belleauwood Boulevard
P O Box 13241
Alexandria LA 71315
318.443.9038
<http://www.cenlatravel.com>



FREE!
OPEN TO THE PUBLIC

Fort Polk's FreedomFest '07
July 4th 5 p.m.
Headquarters Field

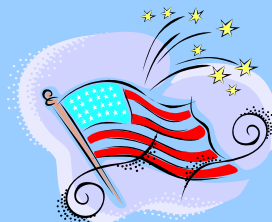
Info
531-1959/1860

Biggest Fireworks Display in the Region!
Lots of Great Food Vendors!
Picerne Kids' Area - "Christmas in July"
Live Entertainment
Mustang Sally & Rockin' Wopsie Jr with the Zydeco Twisters

Sponsors: MWR, Louisiana State Police, Thri-State Federal Credit Union, ALPORD MOTOR, FirstCommand, GEICO, DIRECT, Sprint Military Services, USAA, MARY KAY, Picerne.

This is a great opportunity to get out and have some fun, listen to live music and play some games with the kids.

- Golf Tourney at 9 am
- Live Music starts at 5:30 pm
- 7pm-9pm Picerne Kids Area opens up
- Salute to our Nation & Fireworks starts at 8:45 pm
- BOSS will be selling sodas
- FRGs will be there with additional GAMES



Fishing 101 For KIDS:

Lessons for a Lifetime!

Veteran angler and prizewinner SFC Russell Littlehohn will show Fort Polk's youth how to get started off right in this great American pastime.

Beginners 5 & Up: Will meet every Tuesday and Thursday at Catfish cove 9-10 A.M. Starting July 2. Ends July 30. All equipment provided. Learn all the basics of small game fishing.

Intermediates & Up: Will meet every Tuesday and Thursday at Catfish cove 10-11 A.M. Beginning July 2 and ends July 30. All equipment provided. Includes info on kinds of fish, introduction to artificial lures, casting and much more.

ONLY \$35 – Includes a Fishing Rod and Reel!
MUST BE A CYS MEMBER CALL 531-1955/56

Let us know what you think about Fort Polk

Please submit any and all suggestions that you have via email to
 FRGA410FTPOLK@aol.com

1. What would encourage you to stay here at Fort Polk during a 12-15 month deployment?
2. What are your suggestions for marketing the current resources, i.e. MWR-Programs, ACS-Programs that we currently have here on Fort Polk or what would make them better?

Thank you in advance for your time and participation in helping to make Fort Polk a better place, your input and concerns do matter.

SHOWBOAT THEATRE AT FORT POLK, LA PRESENTS

"Don't Dress for Dinner"

A comedy by Marc Camoletti
Adapted by Robin Hawdon

THE BOX OFFICE IS NOW OPEN!

"Don't Dress for Dinner"

The fun begins with Bernard arranging a tryst with his sexy Parisian mistress, Suzanne, while his wife Jacqueline is away for the weekend. Bernard's also invited his best friend, Robert for the weekend to serve as his alibi so the neighbors won't talk. Unknown to Bernard is that his wife has a lover of her own. Complications are set in motion when Jacqueline learns her lover, (you guessed it) Robert, is coming and decides to stay home too. Bernard creates a big mess by drawing all of the characters into his wacky subterfuge. Confusion abounds, -misunderstandings and mistaken identities (and there are plenty of them) fuel the comedy. Witty dialogue, funny sight gags and a touch of slapstick make some scenes simply hilarious.

SHOW CONTAINS ADULT SITUATIONS AND SOME SEXUAL INNUENDOS

MENU SELECTIONS

CRAWFISH ETOUFFEE or ROAST BEEF with garlic mashed potatoes and ajus
PEAS AND CARROTS AND GREEN BEANS
GARDEN SALAD
ASSORTED ROLLS / ASSORTED DESSERTS
TEA, COFFEE

Come and enjoy "Don't Dress for Dinner" with us. Every seat is a good seat. The crowd is large...and you feel like you're right in the middle of something you only experience once in a while...those are the kind of moments we look for. We want to encourage you to make your reservations early, as we issue seating out as the reservations are made. A great show, great food, good prices...people want more...SHOWBOAT THEATRE.

Performance Only Dates: June 15, 23 and 29

Dinner Theatre Dates: June 16, 22, 28 and 30

Cocktails 6 pm, Dinner 6:30 pm All Performances 7:30 pm

SHOWBOAT THEATRE PRICES

DINNER THEATRE: ADULTS-\$20.00 CHILDREN UNDER 12 \$15.00.
PERFORMANCE ONLY: ADULTS-\$8.00 CHILDREN UNDER 12-\$5.00

For info or for reservation please call 337-531-2337
OPEN TO SOLDIERS, FAMILIES AND CIVILIANS